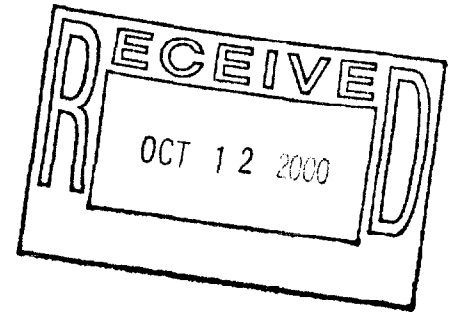


Partners in Health and Beauty P2:19

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, D.C. 20204



September 28, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of Sleep Tight Factors Tablets (dietary ingredients: niacin, vitamin B-6, calcium, magnesium, potassium, inositol, glycine, taurine, Hops, Passion flower, Scullcap, Valerian). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

A dietary supplement of herbs, minerals and other nutrients that naturally enhance sleep.

Sincerely,

Morag Thorsen
Regulatory Affairs Manager B.A., M.A.L.S.

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